12 WEEKS AT GREYSKULL

GLADIATOR: Stage One

by Johhny Pain

Introduction

This book is intended to give the reader an inside look at what it is like to train at Greyskull. The program presented follows a hypothetical male trainee through twelve grueling weeks designed to elicit a greater level of strength, conditioning, and all-around toughness.

This is by no means a default representation of the training conducted here, but rather a snapshot of some of the methods that we employ.

Undertaking this program for twelve weeks will certainly produce for you a very favorable set of results. I'm frequently asked what to do once one is done with the Greyskull LP (the basic program presented in my book "The Greyskull LP: Second Edition). While the GSLP is almost infinitely flexible and adaptable, programs like the one presented in this book are still commonplace for trainees who have been at it a bit longer.

This program is broken down into three basic components. Each phase lasts four weeks. The first phase is very basic; there is one heavy weight training movement per day for four days out of the week. In addition to the main movement, there is another exercise that compliments the movement of the day. Then we see a brief conditioning episode (as well as two focused conditioning sessions on designated days, and finally our "homework". Homework is a recurring thing that you will notice throughout the entire program. Each day there is an assignment to complete at some point throughout the day. Each assignment is a mini workout of sorts, and the cumulative effects of these mini sessions play a large role in the success of my trainees. I can't urge you enough to do your homework.

The intent of the first phase is to acclimate you to a greater workload, and prepare you for the second two phases.

The second phase (weeks 5-8) is about brute strength development. The weight training sessions are spread over three days, with multiple lifts per day. There is a push, pull, squat template to it, which I have used with tremendous success with many trainees. Conditioning sessions are performed on the days in between, and on day six. There is a heavy workload in this phase, and proper recovery is crucial. Bust your ass in phase two and you will have a much easier time with phase three.

Phase three is where it all comes together. The strength movements are challenging, with several Greyskull favorites being implemented. You will love the squatting that I ask of you in phase three (laugh). The conditioning workouts will be tough and demanding, but you will no doubt feel as King Kong-like as ever with the performance improvements that you are seeing.

I am happy that you have decided to get a taste of what it's like to train with me. I know you will like what happens to you as a result of that decision.

Now, I don't know about you, but I'm ready to get started!!

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Week One

Week one kicks off the first four-week phase of this program. The focu during this time is building strength as well as acclimating the trainee to a greater workload than they are likely used to. The conditioning is simple and effective.

This phase has a very athletic feel to it.

Week One Warm-up

Each week of this program will have its own unique warm-up. This is to be completed on each of the training days.

Dislocates x 30 (see page 108 for detail)

Pushup x 20

Chin up x 10

Walking Lunge x 15 Steps L/R

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Day One

Incline Bench Press

2 x 6-8

One-Arm Dumbbell Bench Press (see page 109 for detail)

3 x 6

Bodyweight Dips x 50 total

Conditioning:

Jump Rope x 3 3-minute rounds

Homework:

Chin Ladder

This means performing chin-ups in a ladder fashion

(1, 2 ,3 then 1, 2, 3) Rest is a 1:1 ratio with work. Rest the same amount of time it takes you to complete the set. The gold standard for these is 5 ladders to 5 (75 total reps). Work up to that by adding a rep and/or a ladder as you progress.

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Day Two

Glute-Ham Raise x 40 reps total (see page 110 for detail)

Squat

2 x 5, 1 x 5+

Conditioning:

Forward Sled Drag from a belt x 6 trips

Load the sled progressively heavier each trip starting with two plates. Distance should be fifty feet or so to the turnaround.

Homework:

Frequency Method Push-Up sets throughout the day

*The frequency method refers to performing sub-maximal sets of a movement spread out throughout the day. For instance, if you're good for 50 push-ups at a shot, you'd opt for sets of 30 or so and rack up the volume over the course of the day.

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Day Three

One-Mile run

This should go without saying, but record your times on these conditioning sessions.

Homework:

Chin Ladder

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Day Four

Press/ Push Press (detail on page 111)

2 x 5, 1 x 5+

Use the push press to get a few more reps after failing on the press on the last set.

Heavy Dumbbell Jerk (detail on page 112)

3 x 5 each arm

Go as heavy as you can here

Conditioning:

70 lb Kettlebell Swing x 125

Homework:

FM sets of Dive Bomber Pushups throughout the day (detail on page 129)

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Day Five

Heavy Kettlebell Double Clean (detail on page 113)

3 x 5

Sumo Deadlift

2 x 4-6

Weighted Chin-Up

2 x 6-8

Conditioning:

Heavy Bag 15/15/15 x 3 rounds

Set a timer and hit the bag with controlled, accurate punches while moving for 15 seconds. After 15 seconds, transition to punching as fast as possible while running in place for 15 seconds. After that 15 seconds has passed, throw nothing but knockout shots at the bag for another 15 seconds. This completes one round.

Homework:

Chin Ladder

Practice Typewriter Pull-Up (detail on page 118)

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Day Six

100-meter repeat x 8

Homework:

Push-Up Ladder (5, 10, 15) x 3

Practice Clapping Push-Up (detail on page 130)

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Day 7: Rest Day

Each Rest Day in this book will be used to profile a person in history who demonstrates what it is to be the type of nasty son of a bitch that strikes fear in the hearts of men, and floods the panties of women. I can't promise that you will be among their ranks as a result of training in the manner presented in this book, but you will certainly be better equipped on the physical front. Use these men as inspiration to become something more beastly in your own life, whether by seeking to be more like them, or simply by recognizing that men like this are real and that you may wish to harden yourself should you ever be unfortunate enough to have to deal with a man of this caliber with unsavory intentions.

So without further adieu, Gladiator # 1…

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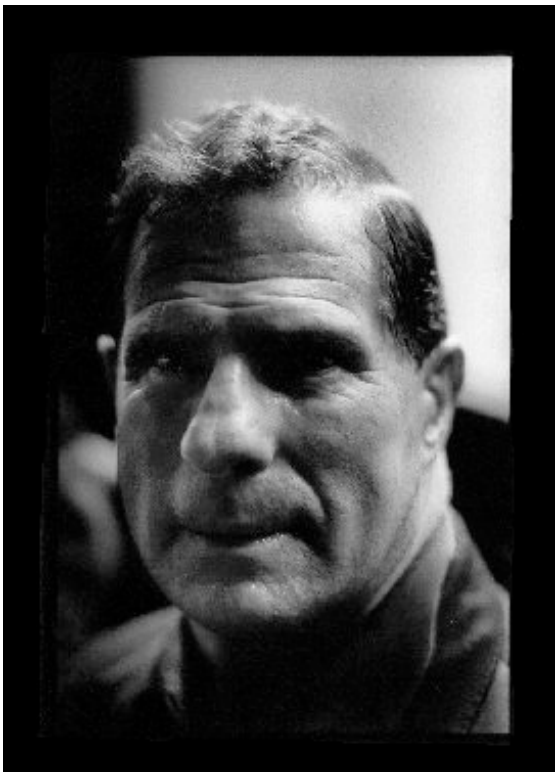
Gladiator # 1: Roy Shaw (March 11, 1936 – July 14, 2012)



Roy Shaw was a high level criminal and underworld figure in England in the 1970's and 80's. He was a very notable unlicensed boxer in his time, defeating many of the top champions of the time, including Lenny "The Guv'nor" McLean despite entering the sport in his forties after an eighteen-year incarceration for an armored truck robbery charge. While in prison, Shaw was a notoriously violent inmate and regularly assaulted hordes of prison guards.

After retiring from a life of crime, Shaw wrote several books including his autobiography: "Pretty Boy" in 2003. He dabbled in several other ventures as well including some real estate investing, which eventually made him a millionaire.

Roy Shaw was definitely not one to mess with in any decade.

Here's a link to my favorite video clip of Roy Shaw taking on Donnie "The Bull" Adams.

http://www.youtube.com/watch?v=fus-gib0ju8

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Week Two

Week Two Warm-Up

Dislocates x 30

Chin-Up x 15

Walking Lunge x 25 steps L/R

Jump Rope x 50 single jumps

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Day Eight

Dumbbell Bench Press

10, 8, 6+

Weighted Dip

2 x 6-8

Conditioning:

Four Sets:

Clapping Push-Up x 10

53 lb Kettlebell Swing x 25

Homework:

Chin Ladder

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Day Nine

Front Squat

2 x 3, 1 x 3+

Romanian Deadlift (detail on page 114)

2 x 8-10

Backward Sled Drag from belt x 6

Add a plate each trip starting with two plates.

Conditioning:

Heavy Bag 15/15/15 x 4 rounds

Jump Rope x 200 single jumps

Homework:

FM sets of Dive Bomber Push-Ups throughout the day

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Day Ten

Sandbag Half-Mile

Grab a 50 lb or heavier sandbag and take it on a timed half-mile run

Homework:

Chin Ladder

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Day Eleven

Barbell Clean and Press

3 x 5

Heavy Kettlebell Double Clean and Press* Ladder to 3 x 5

(1, 2, 3) x 5

1:1 Work to Rest ratio; rest only the amount of time it takes to complete the rep(s) prior

*(detail on page 115)

Conditioning:

Heavy Bag 30/30/30 x 2 rounds

Same as 15/15/15, just 30 seconds per round

Jump Rope x 100 single jumps

(You will be incredibly aware of your shoulder's existence on this day)

Homework:

Easy FM sets of push-ups throughout the day

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Day Twelve

Clean Pull (detail on page 117)

3, 3, 3

Add weight each set; go for height on the bar.

Sumo Deadlift

2 x 4-6

Yates Row (detail on page 116)

2 x 6-8

Conditioning:

35 lb Gladiator Push-Up x 40 (detail on page 131)

Homework:

Chin Ladder

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Day Thirteen

Burpee x 10 into 100-meter dash x 5

Rest two minutes in between efforts and record times for each.

Homework:

FM Close Grip Push-Ups throughout the day

(detail on page 128)

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Day Fourteen: Rest Day

Gladiator # 2: Lenny McLean (April 9, 1949 – July 28, 1998)

Lenny "The Guv'nor" McLean was perhaps the most well known bareknuckle and unlicensed fighter in England in the 1960's, 70's, and 80's. In addition to fighting for pay, he was known as "King of the Bouncers", working the door at some of the roughest London pubs of the day. He claimed to have fought more than four thousand times in four decades, and lost only a handful of times with all losses coming in sporting events, not on the streets.

McLean was tied to the underworld as well, and served as a bodyguard and goon for several notorious British Gangsters of the era. He had several attempts made on his life; being shot twice in two different altercations, and stabbed from behind two separate times as well. One of the more publicized efforts was from a man named Barry Dalton who tried shooting McLean in his own house with his children present. Dalton died the next year of a gunshot to the head in an unsolved homicide.

The Guv'nor was no joke.

Here's a link to a rare interview with the guy

http://www.youtube.com/watch?v=_lNXGQm_kQo

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Week Three

Week Three Warm-Up

Dislocates x 30

Chin Ups x 20 (divided into sets as needed)

Pushups x 50

Run forward, backward 40 yards x 2

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Day Fifteen

Incline Bench Press

2 x 6-8

One-Arm Dumbbell Bench Press

3 x 6

Bodyweight Dips x 50 total

Conditioning:

Three Sets:

35 lb Dumbbell Push-Up/Row* x 12

Jump Rope x 40 single jumps

*(detail on page 132)

Homework:

Chin Ladder

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Day Sixteen

Glute-Ham Raise x 40 reps total

Squat

2 x 5, 1 x 5+

Conditioning:

95 lb Front Squat: Max reps in three minutes

Homework:

FM Close Grip Push-Ups throughout the day

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Day Seventeen

One-Mile run

Homework:

Chin Ladder

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Day Eighteen

Press/ Push Press

2 x 5, 1 x 5+

Use the push press to get a few more reps after failing on the press on the last set.

Heavy Dumbbell Jerk

3 x 5 each arm

Go as heavy as you can here

Conditioning:

Jump Rope x 3 5-minute rounds

Homework:

Slow Dive Bomber Push-Up Ladder to 5 x 2

(1, 2, 3, 4, 5) x 2

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Day Nineteen

Heavy Kettlebell Double Clean

3 x 5

Sumo Deadlift

2 x 4-6

Weighted Chin-Up

2 x 6-8

Homework:

Practice Typewriter Pull-Up

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Day Twenty

100-meter repeat x 8

Homework:

Burpee x Max reps in 3 minutes

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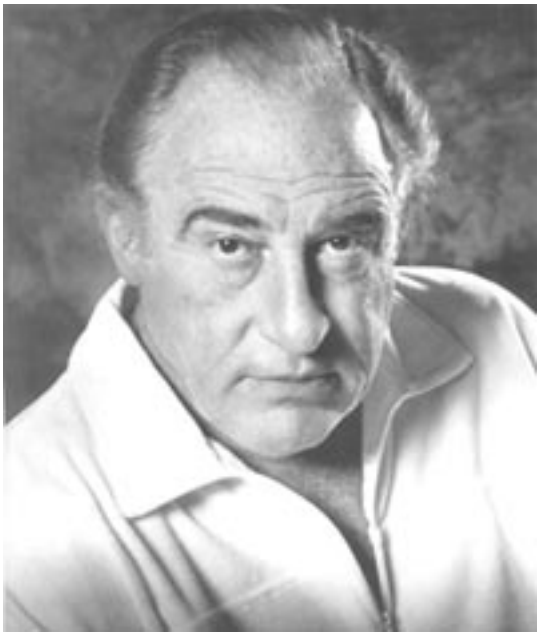
Day Twenty-One: Rest Day

Gladiator # 3: "Judo" Gene LeBell



Gene LeBell is a charismatic martial artist, stuntman, professional wrestler, and author. He was a National Judo champion two years in a row in the 50's and has been called "the toughest man alive" by many for several decades. LeBell was one of the pioneers of the grappling arts in America, and has taught many actors and famous martial artists his brand of punishment. LeBell is rumored to have choked out Steven Seagal in an on-set altercation during the filming of a movie.

LeBell competed in the first sanctioned Mixed Martial Arts match in the United States against champion boxer Milo Savage in 1963, choking the boxer unconscious. Savage wore fingerless leather gloves with brass knuckles underneath. It took over twenty minutes to bring Savage fully back to consciousness.

Despite his reputation as a bad man, his trademark attire is a pink Judo gi, a tradition dating back to a Japanese Judo competition where LeBell's gi ended up in the laundry with a pair of red shorts, rendering it pink for the upcoming matches. Gene won his division that day and considered the pink gi good luck.

Here's a link to fight footage from the LeBell/ Savage fight

http://www.youtube.com/watch?v=n9mER2BmNRA

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Week Four

Week Four Warm-Up

Dislocates x 30

Pull to Inverted Hang on Rings x 10 (detail on page 119)

Walking Lunge 25 Steps L/R

Jump Rope x 50 single jumps

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Day Twenty-Two

Dumbbell Bench Press

10, 8, 6+

Weighted Dip

2 x 6-8

Conditioning:

Heavy Bag: 5 3-minute rounds

Homework:

Typewriter Pull-Up Ladder to 3 x 3

(1, 2, 3) x 3

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Day Twenty-Three

Front Squat

2 x 3, 1 x 3+

Romanian Deadlift

2 x 8-10

Backwards Sled Drag from belt x 6

Add a plate each trip starting with two plates.

Homework:

FM sets of Dive Bomber Push-Ups throughout the day.

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Day Twenty-Four

Moderate Pace 5k run

Homework:

Chin Ladder

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Day Twenty-Five

Barbell Clean and Press

3 x 5

Heavy Kettlebell Double Clean and Press Ladder to 3 x 5

(1, 2, 3) x 5

1:1 Work to Rest ratio; rest only the amount of time it takes to complete the rep(s) prior.

Conditioning:

Heavy Bag 30/30/30 x 3 rounds

Jump Rope x 150 single jumps

Homework:

Off

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Day Twenty-Six

Clean Pull

3, 3, 3

Add weight each set; go for height on the bar.

Sumo Deadlift

2 x 4-6

Yates Row

2 x 6-8

Conditioning:

70 lb Kettlebell Swing x 100

Homework:

FM Close Grip Push-Ups throughout the day

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Day Twenty-Seven

Burpee x 25 x 4

One-minute rest in between sets

Homework:

Chin Ladder

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Day Twenty-Eight: Rest Day

Gladiator # 4: Ulf the Quarrelsome

Ulf the Quarrelsome's brother, High King Brian Boru

Ulf which means "Wolf" was an Irish Badass who fought the Vikings who hated for killing his mother when he was young. He was known for smashing his foes with a battleaxe and making wine goblets from their skulls.

Ulf's older brother was Irish High King Brian Boru, a notorious warrior in his own right. When Viking Warrior Brodir of Man came upon the King's tent one evening after an offensive, he decapitated him with his sword, leaving the King to be discovered by his returning younger brother. Ulf swore vengeance and led a band of warriors that destroyed

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Brodir's forces. Ulf killed Brodir himself, gutting him with an axe, ripping out his intestines, and wrapping them around a tree while Brodir had not yet expired.

Basically, Ulf was a serious badass, and certainly not one to make enemies with. Unfortunately I do not have a YouTube link for the killing of Brodir of Man.

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Week Five

Week five marks the beginning of the second phase. This is the brute strength phase, and you will notice the increased emphasis on heavy strength training.

Week Five Warm-Up

Dislocates x 30

Dive Bomber Pushups x 15

40 lb Dumbbell Turkish Get-Up x 5 per side

Jump Rope x 75 single jumps

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Day Twenty-Nine

Bench Press

4-6, 6-8

Seated Dumbbell Press

2 x 6-8

45 lb Weighted Pushup (detail on page 120)

50 total

Homework:

Chin Ladder

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Day Thirty

155 lb Clean and Press x 25

Jump Rope x 200 single jumps

Homework:

Situp x 100

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Day Thirty-One

Weighted Chin

+ 25 lb x 25 (as few sets as possible)

Power Clean

7 singles

Work up to three top singles

Deadlift

4-6, 8-12

Homework:

Burpee x 20 x 2

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Day Thirty-Two

Heavy Bag 30/30/30 x 5 rounds

Homework:

FM Push-Up sets throughout the day

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Day Thirty-Three

Glute Ham Raise

40 reps

Squat

5 x 5 with fixed weight; one-minute rest between sets

Moderate Sled Drag ~ 400 meters

Homework:

Push-Up Ladder

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Day Thirty-Four

Moderate pace two-mile run

Homework:

Chin Ladder

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Day Thirty-Five: Rest Day

Gladiator # 5: Ramon Dekkers

Ramon Dekkers is a retired eight time World Muay Thai Champion from the Netherlands.

He is best known for defeating the top Muay Thai fightes in Thailand on their own soil. Ramon was introduced to Muay Thai by the man who would become his stepfather at 16 years old. He had a brief background in boxing prior to his involvement in Muay Thai which is largely responsible for his masterful use of his hands in his Thai fights.

Here is a video compilation of some of "The Diamond's" highlights:

http://www.youtube.com/watch?v=Y7oowhw_pBU

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Week Six

Week Six Warm-Up

Dislocates x 30

Dive Bomber Pushup x 20

Typewriter Pull-Up x 10

Jump Rope x 75 single jumps

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Day Thirty-Six

Barbell Clean and Press

3 x 5

Incline Dumbbell Bench Press

2 x 6-8

Weighted Dip

2 x 8-10

Homework:

Chin Ladder

Jump rope x 5 minutes

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Day Thirty-Seven

70 lb Kettlebell Double Swing x 150 (detail on page 121)

Homework:

FM Close Grip Push-Up sets throughout the day.

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Day Thirty-Eight

Weighted Chin

6 x 3

Power Snatch

7 singles

Work up to three top singles

Snatch Grip Deficit Deadlift (detail on page 122)

2 x 4-6

Homework:

Chin Ladder

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Day Thirty-Nine

Heavy Bag x 6, 3-minute rounds

Jump Rope x 250 single jumps

Homework:

Slow Dive Bomber Push-Up Ladder to 5 x 2

(1, 2, 3, 4, 5) x 2

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Day Forty

Glute Ham Raise

40 reps

Squat

5 x 5 with fixed weight; 50 seconds rest between sets

Moderate Sled Drag ~ 400 meters

Homework:

Chin Ladder

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Day Forty-One

3-mile walk with 20 lb weight vest

Homework:

Burpee x 25 x 3

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Day Forty-Two: Rest Day

Gladiator # 6: Charles Bronson

Charles Bronson has long been known as “The Most Violent Prisoner in Britain”. He has been in prison most of his life after being handed a seven-year sentence for robbing a post office in 1974. His habit of fighting inmates and guards, and staging riots and protests got his sentence extended to fourteen years. After his release, he was a free man for sixty-nine days before being locked up again.

During his brief freedom he built a serious name for himself as a bare-knuckle boxer. His birth name is Michael Gordon Peterson, which he changed to Charles Bronson at the advice of his promoter.

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He is something of a legend, and has been interviewed by just about everyone in journalism over the years. He has been thoroughly studied by psychologists interested in the effects of prison reform and treatment.

He authored a book entitled “Solitary Fitness” in 2002. It is basically an overview of the program he used to train himself while locked up for many years in solitary confinement. Bronson has reportedly done 172 pushups in 1 minute, and 90 pushups in 30 seconds.

Bronson is the subject of the movie “Bronson” starring Tom Hardy. It’s a weird film, but hey, he’s a weird guy. Check it out if you haven’t yet.

Here’s a link to the trailer:

http://www.youtube.com/watch?v=KKC-FKGMeCY

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Week Seven

Week Seven Warm-Up

Dislocates x 30

Barbell Turkish Get-Up x 10 per side (detail on page 123)

Hanging Knee Raise x 25 (detail on page 124)

Jump Rope x 100 single jumps

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Day Forty-Three

Bench Press

4-6, 6-8

Seated Dumbbell Press

2 x 6-8

45 lb Weighted Pushup x 50 in as few sets as possible

Homework:

Chin Ladder

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Day Forty-Four

60 lb Dumbbell Snatch x Max Reps in 8 minutes

(detail on page 125)

Homework:

Slow Dive Bomber Push-Up Ladder x 2 Ladders to 5

(1, 2, 3, 4, 5) x 2

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Day Forty-Five

Weighted Chin

+ 25 lb x 25 (as few sets as possible)

Power Clean

7 singles

Work up to three top singles

Deadlift

4-6, 8-12

Homework:

Burpee x 25 x 2

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Day Forty-Six

Heavy Bag x 8, 3-minute rounds

Homework:

FM Close Grip Push-Up sets throughout the day

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Day Forty-Seven

Glute Ham Raise

40 reps

Squat

5 x 5 with fixed weight; 40 seconds rest between sets

Moderate Sled Drag ~ 400 meters

Homework:

Chin Ladder

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Day Forty-Eight

3-mile walk with 20 lb weight vest

Homework:

Burpee x 25 x 2

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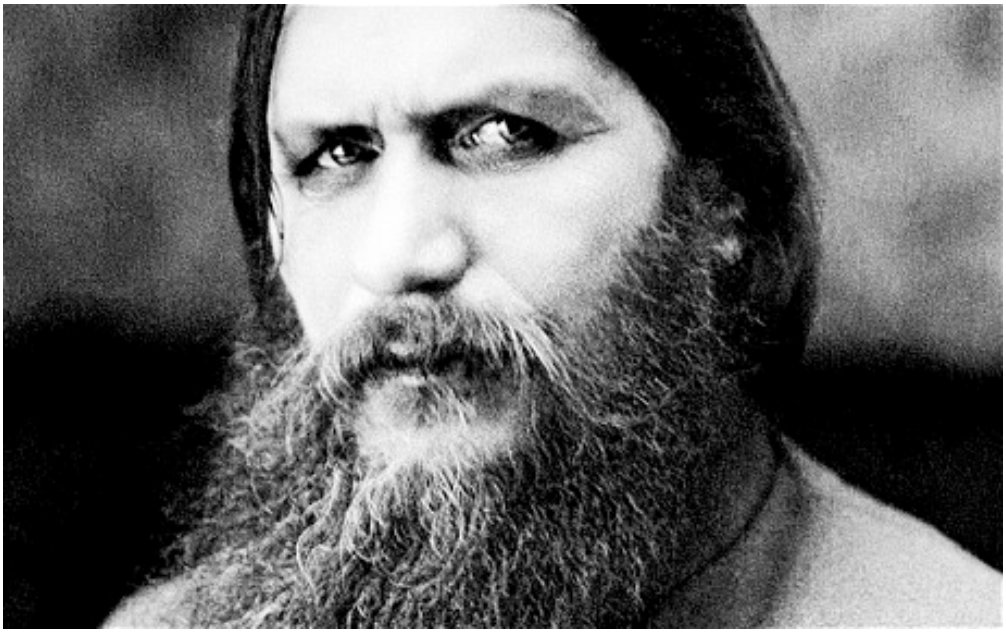
Day Forty-Nine: Rest Day

Gladiator # 7: Grigori Rasputin (January 22, 1869 – December 29 or 30, 1916)



Grigori Rasputin was a mysterious figure in Russia in the late 1800's/ early 1900's. He was a man who was said to have powers to heal, and see the future. Opinions of the man's character fluctuate greatly depending on who is telling the story with some professing him to have been a benevolent healer with a gift, and others calling him a fraud (oh how I can identify with that).

He was brought to the royal household by The Tsar and Tsarina to heal their young boy Alexei of hemophilia. During his run with the royal family he raised a load of controversy in the political realm, with the belief being that he was controlling the decisions of the royal family's decisions. He was also accused of various crimes including raping a Nun.

He is most famous for his assassination however. Rasputin was the epitome of hard to kill. His killers poisoned him with enough cyanide to kill five men, but he was not harmed except for a slight drool. He was then shot in the back and left for dead. When one of the killers returned to get his coat after a while, Rasputin leapt from the ground and attempted to strangle him. He was then shot three more times in the back and once in the head after which he still was not dead, and still trying to fight. His attackers beat him up severely, tied him in a carpet, and threw him in an icy river. Rasputin broke free from

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his bindings and the carpet, but was unable to survive the icy waters. The cause of death is controversial, though the story has it that it was hypothermia.

That is one tough son of a bitch.

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Week Eight

Week Eight Warm-Up

Dislocates x 30

Jump Rope x 100 single jumps

Push-Up x 60

Barbell Turkish Get-Up x 10 each side

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Day Fifty

Barbell Clean and Press

3 x 5

Incline Dumbbell Bench Press

2 x 6-8

Weighted Dip

2 x 8-10

Homework:

Chin Ladder

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Day Fifty-One

70 lb Kettlebell Swing x 200

Homework:

Chin Ladder

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Day Fifty-Two

Weighted Chin

6 x 3

Power Snatch

7 singles

Work up to three top singles

Snatch Grip Deficit Deadlift

2 x 4-6

Homework:

Chin Ladder

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Day Fifty-Three

Sandbag Clean and Press x 60

Sledgehammer Swing x 3 5-minute rounds

(detail on pages 133-134)

Homework:

Chin Ladder

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Day Fifty-Four

Glute Ham Raise

40 reps

Squat

5 x 5 with fixed weight; 30 seconds rest between sets

Moderate Sled Drag ~ 400 meters

Homework:

Chin Ladder

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Day Fifty-Five

Jump Rope x 5, 5-minute rounds

Homework:

Chin Ladder

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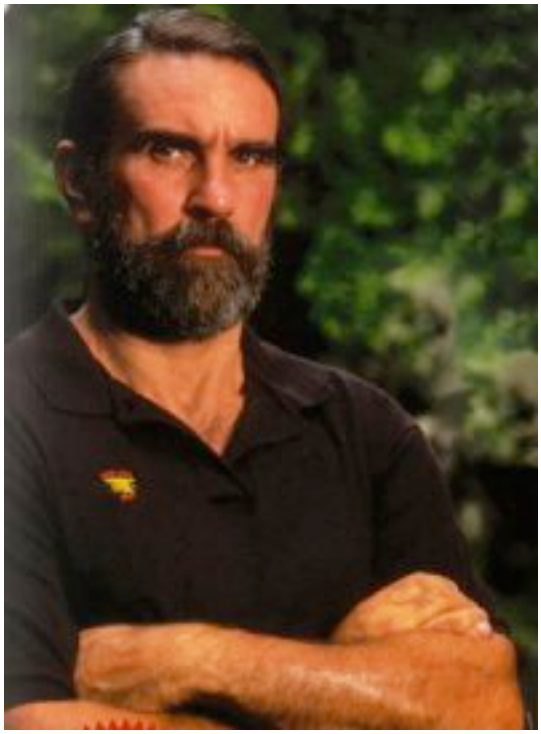
Day Fifty-Six: Rest Day

Gladiator # 8: Richard Marcinko



"Demo Dick" Marcinko is a retired Navy SEAL commander. He is the man responsible for creating SEAL Team Six, the counter-terrorist team recently credited with the killing of Osama Bin Laden. Marcinko was a very successful commander in the Vietnam war and was feared by the enemy forces.

His autobiography "Rogue Warrior" is one of my all time favorite books, and was one of the most influential reads of my life. It was after reading Rogue Warrior that I decided to enlist in the military.

Perhaps my favorite Marcinko story is his use of the outdoor weight facility while incarcerated clad in only his UDT shorts rain or shine 365 days a year. His outdoor gym at his home served as the inspiration for the construction of the original Greyskull in my back yard.

I highly encourage you to read up on your Demo Dick. In addition to Rogue Warrior, he has authored many other titles, many of which are fictionalized accounts of his exploits.

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Week Nine

This marks the beginning of the third and final phase of this twelve-week program. This is where the work from the last eight weeks manifests itself as the increased strength and conditioning necessary to complete the grueling tasks asked of you for the next four weeks.

This phase separates the men from the boys.

Week Nine Warm-Up

Dislocates x 30

Typewriter Pull-Ups x 10

Overhead Barbell Walking Lunge x 20 steps per side (detail on page 126)

Jump Rope x 100 single jumps

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Day Fifty-Seven

Squat

4-6

Bodyweight x Max reps

55 lb Kettlebell Swing x 100

Homework:

Chin Ladder

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Day Fifty-Eight

Trap Bar Farmers Carry with Sled Drag x 9 (detail on page 127)

Load two plates on each side of the Trap Bar and three plates on the sled.

Homework:

Burpee x 25 x 2 (These times should be cooking by now)

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Day Fifty-Nine

Bench Press

2 x 5, 1 x 5+

Press

4- 6, 6- 8

Bodyweight Dip x 50 total

Homework:

FM Close Grip Push-Ups throughout the day

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Day Sixty

Sandbag Half Mile

Homework:

Chin Ladder

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Day Sixty-One

Weighted Chin +25 lb

Max Reps

Deficit Deadlift

4-6, 6-8

Iso-Row Sled Drag (detail on page 135)

7 trips

5 plates minimum

Homework:

Burpee x 25 x 2

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Day Sixty-Two

One Mile run

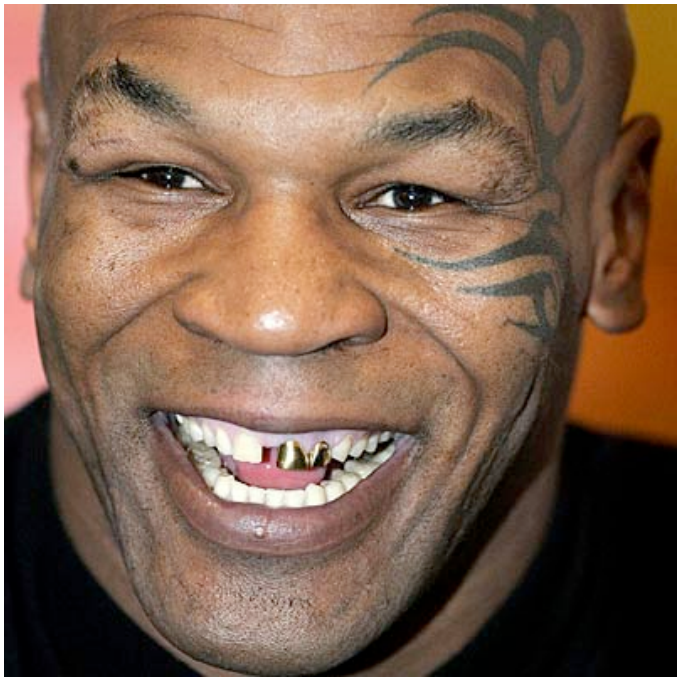
Homework:

Chin Ladder

 ©2012 Villain Publishing

Day Sixty-Three: Rest Day

Gladiator # 9: Mike Tyson



"Iron" Mike Tyson is my favorite figure in history in the sport of boxing. Besides "Iron Mike" his nicknames included "Kid Dynamite" and "The Baddest Man on the Planet". He won his first 19 professional fights by knockout, 12 of which were first round knockouts.

Tyson had a brutal, intimidating style that he used to dominate his opponents. A troubled youth, Tyson found salvation of sorts in the sport of boxing and in his mentor Cus D'Amato. He had a very impressive amateur career, and set the record for the quickest knockout in Junior Olympics history (8 seconds) where he won all of his bouts by knockout and took home gold medals twice.

Perhaps the most villainous action that Tyson is known for took place during his 1997 bout with Evander Holyfield where he was disqualified for biting off a piece of Holyfield's ear in the third round. Tyson claimed that it was in retaliation for Holyfield having head butted him repeatedly, but some think that Tyson was just hungry.

Here is a link to a compilation of some of Tyson's first round knockouts:

http://www.youtube.com/watch?v=e5sAs_1Fzlo

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Week Ten

Week Ten Warm-Up

Dislocates x 30

Pull to Inverted Hang on Rings x 15

53 lb Kettlebell Turkish Get-Up x 10 each side

Jump Rope x 100 single jumps

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Day Sixty-Four

Hanging Knee Raise

2 x 12

Squat

315 lbs x 30

Break into as few sets as possible

Homework:

Chin Ladder

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Day Sixty-Five

Seven Sets:

35 lb Double Dumbbell Situp x 10

100-meter dash

Homework:

FM Close Grip Pushups throughout the day

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Day Sixty-Six

Press

2 x 6- 8

Bench Press

4- 6, 6- 8

55 lb Double Kettlebell Clean and Press

3 x 10

Homework:

Chin Ladder

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Day Sixty-Seven

Heavy Bag

10, 3-minute rounds

Homework:

Burpee x 30 x 2

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Day Sixty-Eight

Weighted Chin +25 lb

Max Reps

Clean Pull

3 x 3

Sumo Deadlift

4-6

70 lb Kettlebell Swing x 100

Homework:

Easy FM sets of Push-Ups throughout the day

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Day Sixty-Nine

Jump Rope

5, 5-minute rounds

Homework:

Typewriter Pull-Up Ladder

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Day Seventy: Rest Day

Gladiator # 10: Theodore Roosevelt (October 27, 1858 – January 6, 1919)

Theodore Roosevelt was President of the United States from 1901 to 1909. He was an all around bad dude famous for having boxing and Judo matches at the White House for fun as well as big game hunting and other manly pursuits.

His motto was "Speak softly and carry a big stick", hard, wise words from a Nobel Prize Winner. In addition to the Nobel Prize, Roosevelt was posthumously awarded the Congressional Medal of Honor in 2001 for his actions in the 1898 Battle of San Juan Hill during the Spanish-American War.

Perhaps the toughest story about Teddy however was his attempted assassination on October 14, 1912. A man named John Schrank shot Roosevelt in the chest. The bullet passed through a speech that he had written and placed in his pocket and lodged in his chest. Roosevelt determined that the wound was not severe enough to prevent him from finishing his campaign speech and went on to speak for 90 minutes. His opening lines

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were, “Ladies and gentlemen, I don’t know whether you fully understand that I have just been shot; but it takes more than that to kill a Bull Moose”. The bullet was later found from Roosevelt’s thick pectoral muscle where he chose to leave it embedded for the rest of his life.

I don’t know about you, but I’d love to have a President like that.

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Week Eleven

Week Eleven Warm-Up

Dislocates x 30

Dive Bomber Pushup x 30

Jump Rope x 125 single jumps

Chin-Up x 30

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Day Seventy-One

Squat

4-6

Bodyweight x Max reps

Homework:

FM Push-Up sets throughout the day

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Day Seventy-Two

35 lb Double Dumbbell Turkish Get Up x 25

Homework:

Situp x 100

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Day Seventy-Three

Bench Press

2 x 5, 1 x 5+

Press

4- 6, 6- 8

Bodyweight Dip x 50 total

Homework:

Burpee x 30 x 2

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Day Seventy-Four

55 lb Kettlebell Swing

50, 40, 30, 20, 10

1 minute of Jump Rope in between sets

Homework:

Situp x 100

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Day Seventy-Five

Weighted Chin +25 lb

Max Reps

Deficit Deadlift

4-6, 6-8

Iso-Row Sled Drag

7 trips

5 plates minimum

Homework:

FM Close Grip Push-Up sets throughout the day

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Day Seventy-Six

Sledgehammer Swing

3, 5-minute rounds

Jump Rope

300 single jumps

Homework:

Situp x 100

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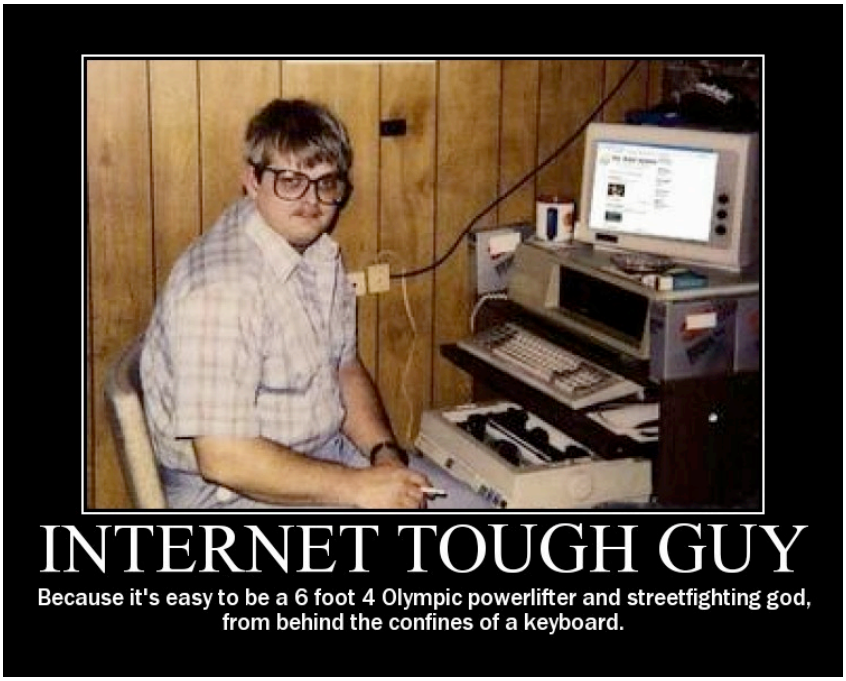
Day Seventy-Seven: Rest Day

Gladiator # 11: Random Internet Tough Guy


INTERNET TOUGH GUY
Because it's easy to be a 6 foot 4 Olympic powerlifter and streetfighting god, from behind the confines of a keyboard.

Without a doubt the most intimidating cast member featured in this book, the Internet tough guy has boundless capabilities as a badass. He is credited (by himself) as being the single most dangerous human being known to man. In addition to his fighting prowess, he also possesses an abnormally high propensity for attracting women, and makes a shit load of money.

The Internet tough guy has a busy life consisting of posting hate on no less than ten Internet forums per day, masturbating, and doing the chores that his mom has been bitching at him to do around the house for the last four day.

This is the last person on Earth that you want to mess with.

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Week Twelve

Week Twelve Warm-Up

Dislocates

Chin-Up x 40

45 lb Weighted Push-Up x 25

65 lb Barbell Turkish Get-Up x 10 each side

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Day Seventy-Eight

Hanging Knee Raise

2 x 12

Squat

315 lbs x 30

Break into as few sets as possible

Homework:

Burpee x 15 x 4

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Day Seventy-Nine

6 Sets:

35 lb Gladiator Push-Up x 10

40 yd Dash

Homework:

Chin Ladder

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Day Eighty

Press

2 x 6- 8

Bench Press

4- 6, 6- 8

55 lb Double Ketllebell Clean and Press

3 x 10

Homework:

Chin Ladder

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Day Eighty-One

"13 Down"

An original Greyskull treat

Descending Ladder from 13

55 lb Kettlebell Swing

Burpee

(13/ 13, 12/12, 11/11, 10/10…)

Homework:

Situp x 100

 ©2012 Villain Publishing

Day Eighty-Two

Weighted Chin +25 lb

Max Reps

Clean Pull

3 x 3

Sumo Deadlift

4-6

70 lb Kettlebell Swing x 100

Homework:

Easy FM sets of Push-Ups throughout the day

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Day Eighty-Three

5k run with 20 lb weight vest

Homework:

Dive Bomber Pushup x 30

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Conclusion

So there you have it.

Twelve weeks of training as if you were a trainee here at Greyskull.

The last twelve weeks have made you tougher, both mentally and physically. You've learned how to block out discomfort and keep going. You've learned how to train sore. You've learned that it is entirely possible to build muscle and lose bodyfat at the same time (a quick look in the mirror will confirm that).

Your strength is much improved, your lungs are those of a Warrior ready to do battle for as long as need be, and your confidence in your ability to prevail, your appearance, and your value as a human have all undoubtedly increased.

Give yourself praise for completing something that most would never attempt.

You are a member of a very small portion of the population that invests their time in bettering themselves instead of spending their time complaining, hating on the success of others, or otherwise making a mockery of their give of life.

You are an Honorary Greyskull Gladiator.

Stay tuned for Stage Two to take things to the next level!

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Exercise Detail

This is not intended by any means to be a comprehensive list of all of the movements used in the 12-week program in this book. There is a certain amount of assumed knowledge on the part of the reader/ purchaser of this book. Movements that I felt some may be unfamiliar with are demonstrated for detail in this section. For more detail on the more basic movements presented, check out the exercise execution section of "The Greyskull LP: Second Edition".

As always, if there are any questions regarding any of the information presented in this book, I can be reached on my Q and A Forum on StrengthVillain.com where I will be happy to provide you with an answer.

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The Dislocate

This movement is featured heavily in the warm-ups in many of the weeks. It is a simple movement that requires a broomstick or other comparable tool. It's executed by taking a wide grip, and with straight elbows slowly passing the bar over your head and down to your back.

The "Dislocate"

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The One-Arm Dumbbell Bench Press

This one should be pretty self explanatory, but I figured I'd provide a visual to clear up any confusion since it is not a common movement.

The One-Arm Dumbbell Bench Press

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The Glute Ham Raise

This one I included because very few people do this one correctly. With the proliferation of CrossFit, the Glute Ham Developer has been used less and less for the exercise that it was designed for and more for a place to do interesting situps.

The Glute Ham Raise: note the round back (correct, right below) as opposed to the arched back (incorrect, left below)

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The Push Press

This is another one that almost didn't make the cut for the detail section, but I figured I would throw in incase anyone reading has literally just fallen off the truck this morning when it comes to lifting weights.

The Push Press: Dip those knees and drive the bar overhead to lockout

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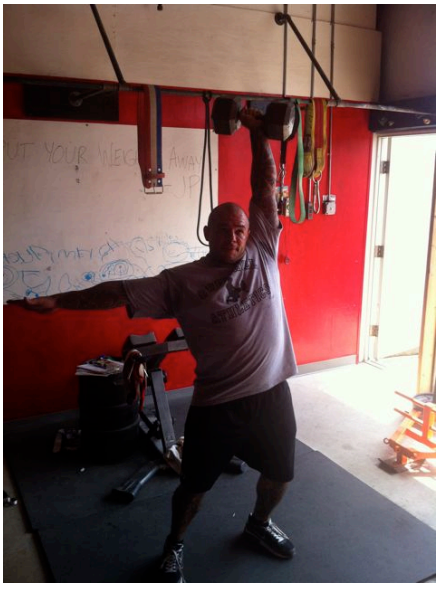
The Dumbbell Jerk

This one is a great, simple movement that's only really possible to fuck up if you over think it. Dip your knees and "jump" the dumbbell into a locked out position overhead, dipping the knees down a bit to "catch" it if need be. Stand once you have the weight locked out to complete the rep.



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The Double Kettlebell Clean

Begin the movement like a swing, but catch the kettlebells in the "rack" position as shown. A straightforward movement that is much easier to execute than explain.

The Double Ketllebell Clean

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The Romanian Deadlift

Biggest points here are straight, locked legs, and a solid arch in the back. Begin at the top of the movement and lower the bar until the point where it would require you to relax the back or bend the knees to get lower.

The Romanian Deadlift

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The Double Kettlebell Clean and Press

This one is very self-explanatory having already covered the double ketllebell clean, but here's a few more pictures of my favorite Sorta Rican lifting things anyway.

The Double Kettlebell Clean and Press

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The Yates Row

Note the back angle and the position of the hands. This is a very simple movement that people love to over complicate. See The Greyskull LP: Second Edition for much more detail on this one if needed.

The Yates Row

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The Clean Pull

This one is simple. It is simply a deliberately missed clean with a barbell. Load up the bar and get that thing as high up as you can.

The Clean Pull

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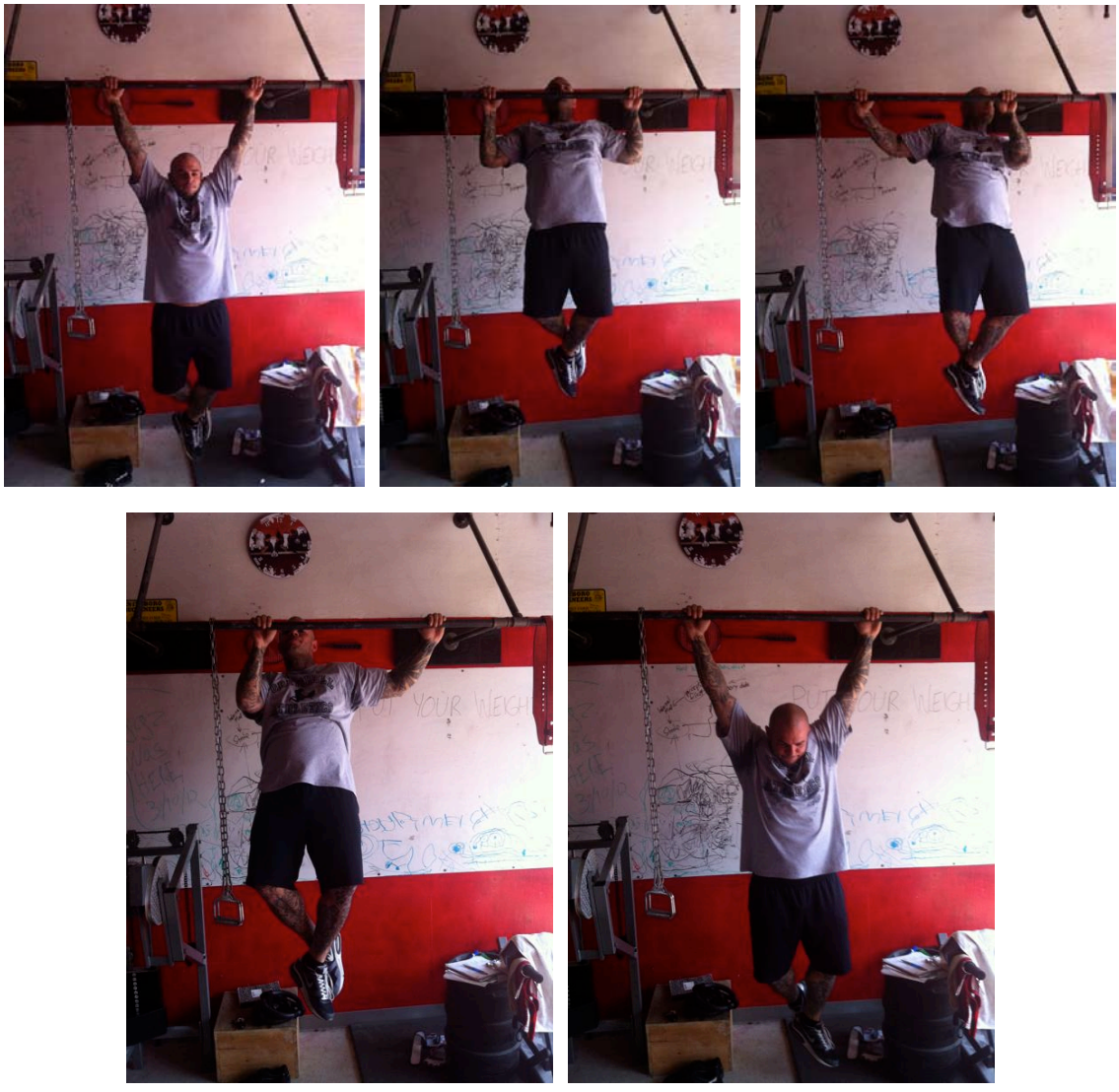
The Typewriter Pull-Up

Start in a dead hang with a wide grip. Pull up over the bar as normal and then "slide" your body to your left hand, then your right, then back to the center and back down to the bottom.



The Typewriter Pull-Up

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Pull to Inverted Hang on Rings

This is a great, basic gymnastics movement that I have long included in warm-ups. The movement is done slowly, particularly the descent, where we always "L" out of it as shown.

The Pull to Inverted Hang on Rings

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The Weighted Push-Up

Painfully simple, but here's a visual for those that may never have seen it done.

The Weighted Push-Up

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The Double Kettlebell Swing

Another simple one.

The Double Swing

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The Snatch Grip Deficit Deadlift

This one requires a few plates or a platform of some sort to stand on. Other than that it is performed exactly like a snatch grip deadlift.

The Snatch Grip Deficit Deadlift

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The Barbell Turkish Get-Up

This one is like any other Turkish Get-Up, just using a barbell.

The Barbell Turkish Get-Up

 ©2012 Villain Publishing

The Hanging Knee Raise

The Hanging Knee Raise

 ©2012 Villain Publishing

The Dumbbell Snatch

This one's just like starting the old lawnmower. Rip it and catch it overhead.

The Dumbbell Snatch

 ©2012 Villain Publishing

Overhead Barbell Walking Lunge

Put the bar overhead and lunge, lunge, lunge.

The Overhead Barbell Walking Lunge

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Trap Bar Farmer's Carry Sled Drag

This one is very simple in execution. Hook the sled up to your belt, pick up the bar, and GO!

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The Close Grip Push-Up

Touch your thumbs together as shown to get the spacing right.

The Close Grip Push-Up

 ©2012 Villain Publishing

The Dive Bomber Push-Up

Dive in, and snake back through.

The Dive Bomber Push-Up

 ©2012 Villain Publishing

The Clapping Push-Up

This one is simple but not easy, perform a normal pushup, but "jump" from the bottom and clap your hands before returning them to the ground.

The Clapping Push-Up

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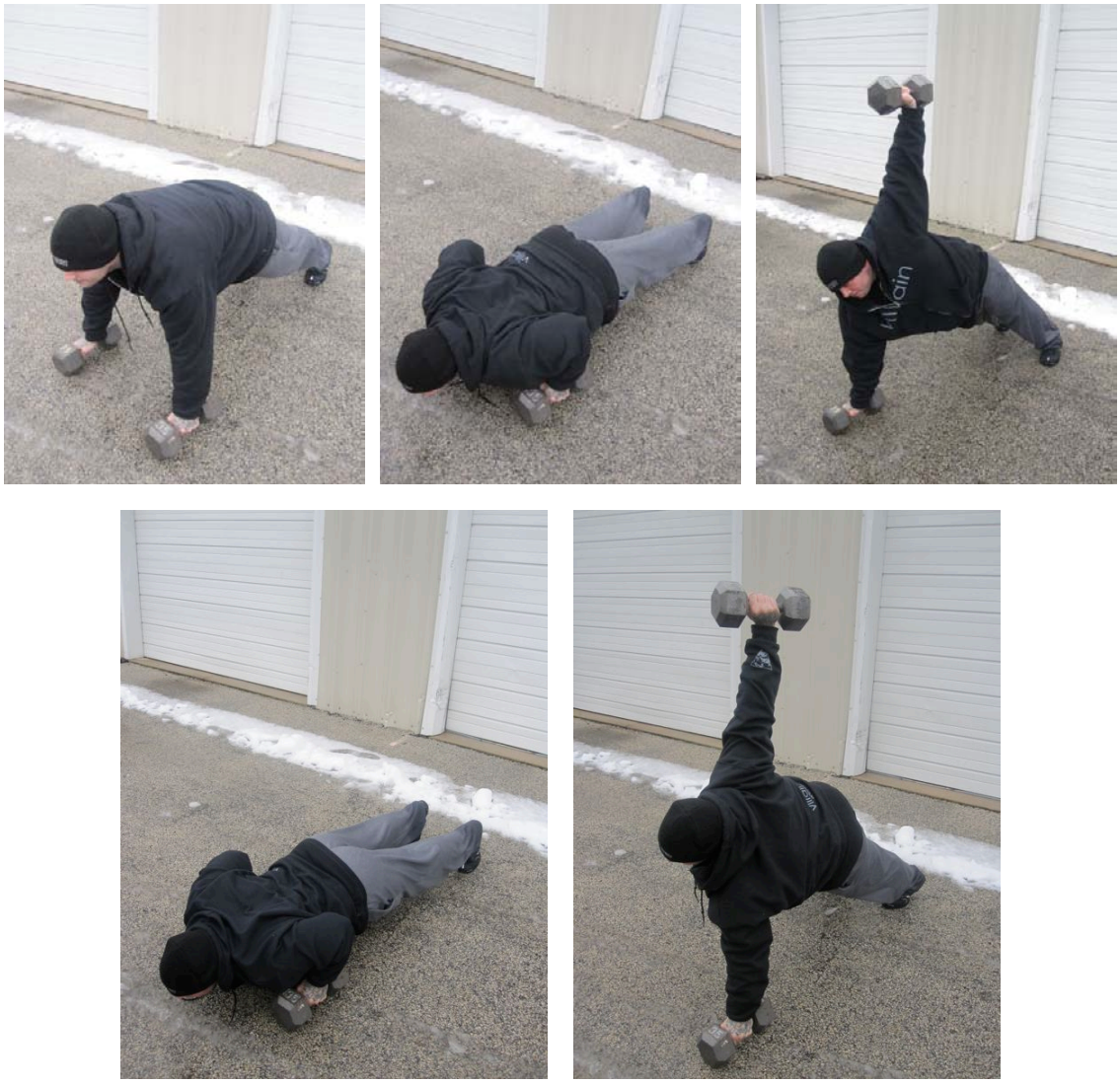
The Gladiator Push-Up



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Dumbbell Push-Up/ Row

This one involves completing a normal push-up and then rowing a dumbbell, alternating sides with each push-up. Two push-ups, and a row on each arm counts as one rep.

One Rep

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The Sandbag Clean and Press

Exactly what it sounds like.

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The Sledgehammer Swing

I only include this one because people often think that it is the name for an exercise when I write it somewhere, and not just literally swinging a sledgehammer.

Just beat the hell out of the tire.

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Iso-Row Sled Drag

Hold the “top” of the row position and back up.

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Meet Your Author

Johnny Pain is the man behind StrengthVillain.com as well as the East Coast's notorious Greyskull Barbell Club and several other ventures. He is the author of several books on subjects pertaining to strength and conditioning. He can be found comically entertaining questions on his Q and A forum at StrengthVillain.com or can be reached for consultations, training seminars, or speaking engagements at john@villainintl.com.

Also, you can follow him on Twitter: @thejohnnypain

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